

# THE DOCTORS ARE IN ACCLAIMED SHOW RETURNS (page 13)



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# 'Shame on you,' Oregon

▶ Local mom countersues U.S. state over billing for son's costs after boy was seized by social services ▶ Had been staying with stepfather, who didn't have guardianship



The State of Oregon should be ashamed of itself for suing a Calgary woman to recoup the costs of keeping her son in care, says the woman's lawyer. Daniel Mol said yesterday that he is launching a countersuit against the U.S. state for Lisa Kirkman.

After a two-year battle, Kirkman regained custody of her 12-year-old son in June. The state is now suing to recover

\$7,500 in costs for keeping her son in foster care.

"I want to say to the state of Oregon, 'shame on you, we know you have budget problems but do you really think you're going to fix them by going against a single mother of modest means?"

The case starts today in a Calgary court. Mol said he plans to also take action against the federal government for what he calls its inaction in the case.

The boy, Noah, was 10 when he was seized in 2008 during a summer spent visiting his stepfather, who wasn't considered a legal guardian. Oregon officials said they became concerned when they discovered he had social services files in Canada.

THE CANADIAN PRESS

Local

# Enmax accepts blame

 Company says wrong transformer was installed at SW apartment building
 Residents still can't return {page 3}

# Dozens survive plane crash

Aircraft goes down in Venezuelan steel yard {page 10}

# Mom didn't think that was funny

Drake's mother calls him out on Twitter marriage hoax {page 14}



# Make it a Grand Slam

Rafael Nadal finally captures a U.S. Open title {page 25}



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# Wildrose backs airport tunnel

A "world-class" airport needs more than a single access point, according to the Wildrose Alliance, which is throwing its support behind the Calgary airport tunnel project.

Leader Danielle Smith called the impending closure of Barlow Trail a "key issue" in the city's mayoral race and joined Ward 3 Ald. Jim Stevenson in calling on the provincial government for financial support to move ahead

with an airport tunnel.

"This is an issue the upcoming council will have to deal with, and they need to have assurance the province is willing to talk," Smith told a news conference

"We're going to have a world-class airport, but we need to make sure people can get there."

However, outside the conference, mayoral candidate and Ward 4 Ald. Bob Hawkesworth had harsh words for those who support the tunnel.

"I think every last one of them should cut their losses, sign the online petition at noairporttunnel.ca and get onto something else," Hawkesworth said.

"The longer they dwell on this issue ... the more they are looking dumb. They don't know what they are talking about and aren't addressing the real priorities Calgarians have."





# Enmax pledges aid after power surge

 Businesses in same apartment complex should be open by today
 Reception centre for displaced residents was moved to Carriage House Inn at 9030 Macleod Trail

Enmax is accepting blame for a southwest apartment electrical surge and is offering up to \$3,000 to residents who lost electrical equipment and appliances.

Enmax CEO Gary Holden said the wrong transformer was installed over the weekend and the extra power caused electrical appliances, sockets and light bulbs to explode early Sunday morning at the 15-storey Mayfair Place.

"One of the transformers that was replaced was oversized and it let through a higher voltage than it should have," he said, adding they are investigating how it happened.

"Our concern is to get the equipment back and running and all of the people here back into their residences, and we want to ensure they don't incur any out-of-pocket expenses"

Meanwhile, it could be several more days before more than 300 residents will be allowed back into their homes, according to Ken Uzeloc, acting director of the Calgary Emergency Management Agency.

"They will have to go

"They will have to go breaker by breaker and suite by suite ... for any possible damage that may have been done or any problems with the system," Uzeloc said.

Uzeloc said while there were no actual fires caused by the surge, there was a lot of smoke and electrical damage. • KRISTA SYLVESTER





### News on the move

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NORTHWEST DRIIG RIIS'

# Grow-ops shut down by cops

Two grow operations have been shut down by Calgary police, thanks to a tip from the public.

More than 1,600 marijuana plants were seized Thursday from two Calgary homes in the northwest

The raid of one home in Sage Hill yielded

around 1,100 plants, while police found around 550 plants at the second home in Harvest Hills.

Police have yet to make any arrests in either of the operations but said their investigation is ongoing.

Both homes have been reviewed by Alberta Health Services and deemed unfit for habitation

The two operations were not linked, according to police.

METRO CALGARY

# Man fined for texting and driving

After rear-ending a vehicle while texting, a Calgary driver has been given the maximum fine. Sheldon Lukacs, 21, was given a \$2,000 fine, a \$300 victim fine surcharge and 90 days of driving prohibition yesterday in Strathmore provincial court. Alberta has not yet created laws on cellphone use while driving. • METRO CALGARY

# Police seek missing camper

Airdrie RCMP are seeking public assistance in locating a man who went missing during a solo camping trip near Jasper.

Jordan Darda, 20, was meant to return home Sept. 6 but family and friends have not yet heard from him. Those with information are asked to call 403-945-7200

METRO CALGARY

# \$500,000 of cocaine seized in major bust



▶ Police uncover a small marijuana grow-op, stash of cocaine ◆ Five people have been charged ◆ Cops also seized cash, scales, cellphones

Calgary police seized more than \$500,000 worth of cocaine last week, resulting in one of the largest busts this year.

After searching a vehicle on 16th Avenue NE on Sept. 8, police found more than two kilograms of cocaine, valued at \$200,270. A second three-month-

A second three-monthlong investigation concluded on Sept. 11 with five search warrants conducted in northeast and southeast Calgary. "These are highlevel organized criminals," said acting Staff Sgt. Mark Hatchette.

During the investigation of a Saddle Ridge home, police found two men cooking a kilogram of cocaine. A search of the residence yielded more "It's probably one of the larger seizures of the year within the Calgary Police Service and Alberta in general." ACTING STAFF SGT. MARK HATCHETTE

than \$100,000 of cocaine. On Sept. 11, police executed a warrant on a vehicle where they found more than \$215,000 worth of cocaine. "We are very excited to have these individuals in jail as well as the drugs seized from those operations," said Hatchette. "That's 10,000 drug transactions that we've taken off the street."

KATIE TURNER





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# **Anxiety part of school** experience: Study

● In 2005, 40% of U of C students who utilized campus counselling had stress-related problems • In 2008-09, the number jumped to 46.2%

The first weeks of a new school year on a university campus can bring on feelings of tension, stress

and anxiety, and what fers from stress at the bemost won't realize is that they are not alone.

Almost everyone suf-

ginning of the school year, according to Sander Deeth, a second-year Master of Science student in the Faculty of Education who is studying the ef-

fects of stress. "Anxiety is fundamental to the experience at university," Deeth said.
"It's in relationships

with peers, it comes from outside, it's in the course work. It's fundamental and it's absolutely normal.'

METRO CALGARY

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# **Drug busts** result in numerous charges

Police have laid a slew of charges against four Calgarians after police executed search warrants in the city's southeast Friday.

After arresting a man wanted on an outstanding Canada-wide warrant, police were led to a home in the 1700 block of 66th Ave. SE where they found a variety of weapons and drugs. Two vehicles associated to the man were also searched and police recovered 45.2 grams of methamphetamine, tablets of morphine, a

The number of rounds of ammunition also found with 115 morphine tablets, a machete and various knives in addition to the other drugs and weapons.

Ruger Mark II rifle, a police light dome, knives, bolt cutters, a ski mask and bear spray.

Ionathan Rawlings, 35, of Calgary, faces numerous drug and weapons charges in relation to the findings. Police also charged Aman Sharma, 35, Macawlay, 40, and Melissa Mills, 22, with numerous offences.

METRO CALGARY

FINANCING

# **Computer** glitch costs students

Hundreds of Calgary students may be struggling after a computer glitch has prevented them from receiving school

Those awaiting money from Alberta Works learner benefits

program have been left shortchanged.

Media reports have stated that this money supports around 850 Bow Valley College students and about 260 SAIT students.

Bow Valley has been running a food drive and raising money for these students, and both schools are postponing tuition payments for students waiting for money. The learner benefits

programs supports lowincome Albertans upgrade their education. METRO CALGARY

# **Thursday** snow **forecasted**

Meteorologists are calling for snow in Calgary on Thursday, much to the chagrin of Calgarians.

Usually, Calgary would see temperatures in the high teens but Thursday is calling for a high of 5 C and morning rain could call for afternoon

METRO CALGARY

# Accident blocks traffic for hours

A vehicle transport truck lost its load at the intersection of Stoney Trail and McKnight Blvd. NE vesterday around 8:30 a.m. The truck spilled its cargo, blocking the southbound ramp to Stoney Trail until 11 a m. Investigators believe excessive speed may have contributed to the crash. • METRO CALGARY

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STATSCAN STUDY

# Water drying up in south

You could fill more than a million Olympic-sized swimming pools every year with all the renewable water that dries up across southern Canada, a new report says.

A Statistics Canada

study released yesterday says water yield has fallen by an average of 3.5 cubic kilometres a year over the last three

The agency equates the annual loss to 1.4 million Olympic-sized swimming pools. Put another way, that's almost as much water as Canadians drank and used in toilets, showers and to water their lawns during the entire year of 2005.

# **'Superbugs' hit North America**

An infectious-disease nightmare is unfolding: Bacteria that have been made resistant to nearly all antibiotics by an alarming new gene have sickened people in three states and are popping up all over the world, health officials reported yesterday.

day.

The U.S. cases and two others in Canada all involve people who had re-

2 The two Canadian cases were treated with a combination of antibiotics. One case was in Alberta, the other in British Columbia. Both patients had medical emergencies while travelling in India.

cently received medical care in India, where the problem is widespread.

THE ASSOCIATED PRESS

# Women should dig for gold: Italy PM



Opposition politician demands apology for Berlusconi's Hitler joke

Italian Premier Silvio Berlusconi says young women should follow the money when looking for a partner, noting women seem to like him and "I'm loaded."

Berlusconi, who is known for his gaffes, also raised eyebrows with a joke about Hitler's followers urging him to return to power. The billionaire businessman appeared Sunday at a convention of the youth wing of his People of Freedom party. When questioned by one of his cabinet ministers — a woman — he joked about marriages of convenience, saying women were lining up for him because "I'm a nice guy" and "I'm loaded." THE ASSOCIATED PRESS

### Scandal-prone

- Sex scandal Berlusconi, 73, was engulfed in a sex scandal last year centring on his purported dalliances with young women, including an escort.
- Separation Berlusconi's wife, Veronica Lario, said last year she was seeking a divorce. They are now separated.
- Denial The media baron has said he is "no saint" but denied ever paying for sex.
- Settlement? In Italy, a divorce can only be sought after three years of separation. Media reports this summer suggested that Berlusconi's wife has rejected his early proposals for a financial settlement.

# Senator fights for stem cells

Sen. Arlen Specter, a departing Democrat, initiated a drive yesterday to legalize federal funding of embryonic stem cell research, superseding conflicting court decisions.

THE ASSOCIATED PRESS

# Lawsuit filed over false teeth

Some denture-wearers are launching a class-action lawsuit, claiming they were not told about the dangers of zinc in adhesives, which has caused numbness, loss of balance and persistent pain. THE CANADIAN PRESS



# U.K. sperm brokers on trial

Two British men made a profit by illegally running a website that made sperm available to women who want to conceive, prosecutors alleged yesterday.

Nigel Woodforth and Ricky Gage are accused of earning \$385,895 by running an online company that introduced anonymous. would-be sperm donors to women looking to have a child.

Prosecutors told a jury at a London court that Woodforth, 43, ran the company from the basement of his home. The two men did not have a licence to procure or distribute sperm, as required by British law.

Nearly 800 women who paid to use the company's

services were given access to details of a list of anonymous men. The women could choose the ethnicity, height, and even hair colour of the sperm donor they wanted to use, and the sperm was delivered to their homes through a courier company, prosecutors said.

THE ASSOCIATED PRESS

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# **Tories to stick to** party's strengths

First new policy a crackdown on human smuggling

Prime Minister Stephen Harper's Conservatives are drafting a new storyline for their government in the coming session of Parliament after a summer where control over the plot seemed to drift from their grasp.

Tory sources tell The Canadian Press that Harper wants high-profile policy initiatives and debates that will play on some of the party's familiar themes: Law and order;

"You're going to see a government that's focused on the priorities that matter to **Canadians. The** economy and jobs continue to be important."

GOVERNMENT HOUSE LEADER

the economy; respect for the military; the future of

Afghanistan. Details are being held close to the vest by a tight circle of ministers and advisers.

Allan Gregg, chairman of Harris Decima Research. says stressing the economy is the right approach for the Tories. Recently, economic issues have helped them widen the gap with the Liberals among men and ultimately maintain a

THE CANADIAN PRESS

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# 36 survive plane crash

# Cause of crash not yet known

A plane carrying 51 people crashed yesterday in a steel mill yard in eastern Venezuela, killing 15 people on board, officials said.

Workers at the state-run Sidor steel foundry pulled people from the smoking wreckage of the plane owned by Venezuelan state airline Conviasa, and officials said 36 passengers and crew survived.

The partially scorched fuselage of French-built ATR 42 rested among barrels and shipping containers

Fifteen people were killed after the crash about 10 kilometres from the eastern city of Puerto Ordaz, Bolivar state Gov. Francisco Rangel Gomez told reporters. Forensic experts have yet to identify six of the bodies. he said.

the bodies, he said.

"A miracle occurred to-day," said Rangel Gomez, referring to the number of survivors.

THE ASSOCIATED PRESS



# Deadly day in India

Indian forces fought Kashmiri demonstrators yesterday in street battles that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory.

# Forces: Smuggling report unfounded

The Canadian Forces says reports that British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday refuting claims that troops from Britain and Canada were involved in the scheme.

A British newspaper and the BBC had reported that Britain's Ministry of Defence was investigating claims that troops from both countries used military aircraft to smuggle drugs. THE CANADIAN PRESS

### Troops as mules?

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada.

An internal review by the Canadian Forces National Investigative Service noted that military police, using sniffer dogs, conducted random spot checks on troops and found no drugs.

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# Business forum comes to China

More than 1,300 business and government participants from 85 countries are expected at the three-day World Economic Forum's Annual Meeting of the New Champions 2010, also known as Summer Davos, being held in Tianjin, China.

# YouTube to begin live streaming

Ustream is the current leader in live video, with 3.2 million unique viewers in July

YouTube is making its long expected foray into live streaming by launching an experimental trial with four new media partners.

The http://youtube-global.blogspot.com/new live streaming platform is being previewed in a two-day trial that started yesterday, but is expected to later grow considerably across the Google Inc.-owned website.

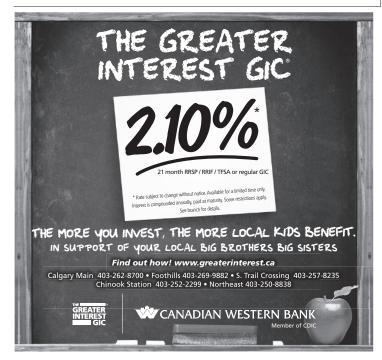
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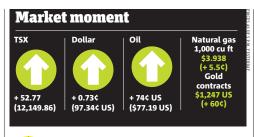
Streaming

YouTube is far from the first company to step into the streaming video space.

will participate: the celebrity-focused Young Hollywood; the online television outlet Next New Networks; the how-to guide Howcast; and Rocketboom, the Internet culture vlog.
"This is just an initial

"This is just an initial trial, a first step," said YouTube product manager Josh Siegel. "We're going to look at a whole bunch of data about the performance of our new platform and then, based on that, make decisions about how we'll open it up, with the goal of opening it up to all of our partners over time."





# For more business stories and updates, check out metronews.ca/business.

# Canadians at risk of financial turbulence

Canadians are increasingly at risk to any deterioration in their financial status, including expected interest rate hikes, because of sky-high debt burdens, according to new domestic reports. THE CANADIAN PRESS



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# BEST FRIENDS FOREVER ... AT WHAT COST?



They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

n my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelanc-

ing for pocket change.
So what is the price of being good friends with people who earn significantly more than

Surrounding yourself with financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn super-

sized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad

social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that exist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Mer-

"Even among

close friends, the

topic of money

still remains

relatively taboo."

lot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only

ordered a salad and tap water. And FYI, she told you she 'wasn't that hungry" because she looked at the menu online beforehand and ate a hearty predinner snack after realizing she wouldn't be able to afford an en-

Over time, the salary gap can

continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial

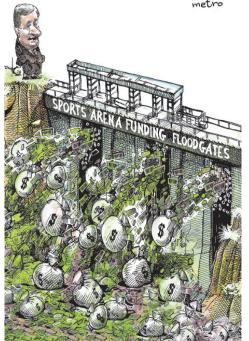


Read more of Jessica Napier's columns at metronews.ca/shesays

### **Cartoon**



# Spies in the bathroom



# Worth mentioning

Swine flu may have scared people straight, or maybe they are finally listening to their mothers. Whatever the reason, Americans are washing their hands more often, suggests the latest check by researchers who spy on people using public rest-

Checks in four big cities last month found 85 per cent of public restroom users washing their hands, up from 7 per cent in 2007. It's the best rate since these periodic surveys began in

One thing hasn't changed: Men are still dirtier. About 23 per cent



of men failed to wash versus seven per cent of women.

'Those little 20 seconds with friction, water and soap" are one of the best things people can do to keep from getting sick, said microbiologist Judy Daly of Primary Children's Medical Center in Salt

Lake City. Researchers from Har-

ris Interactive combed their hair and pretended to put on makeup while watching more than 6,000 adults using restrooms in four U.S. cities.

Best: The Chicago science museum, where 93 per cent washed up. Worst: The two train stations in New York, where only about 80 per cent washed. THE ASSOCIATED PRESS What three things can you not live without? **Email** calgaryletters @metronews.ca **Twitter** @metrocalgary

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# **Metro Minute with Radioheaded 2**

Calgary's One Yellow Rabbit Performance Theatre presents Radioheaded 2, a tale of tripping out while cranking up the sound-track of life along to the banging tunes of Radiohead. Directed by Denise Clarke, a troupe of highenergy actors perform to Radiohead's latest album, In Rainbows. Their inspiration - Radiohead, an English rock band formed in 1985, known for its electronic and rock guitar style and ranked 73rd in Rolling Stone's magazine's The Greatest Artists Of All

Radioheaded 2 plays until Sept. 18 at The Epcor Centre for Performing Arts, One Yellow Rabbit Theatre at 829 Macleod Trail SE. • KRISTA SYLVESTER





# The doctors return for a third season

• Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis • Women's health issues being made a priority

Dr Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show The Doctors as it enters its third season this week with women's health issues an increased priori-

Masterson is being asked to lead the charge. "I am loving that," said Masterson, an obstetrician and gynecologist. "Being the only female on the show and the voice of women is something I take really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their childrearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son "Being the only woman on the show ... is something I take really seriously." DR. LISA MASTERSON

of Phil McGraw). Larger health care issues aren't on the agenda.

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better

tomorrow?" McGraw said The show's answers range from home remedies for swimmer's ear to

solving the mystery of whether a child's conges-tion stems from allergies or infection. The show, McGraw recalls, did a segment on the 'five colours of snot" to

identify which should

medical help for their

parents to get

voungster. THE ASSOCIATED PRESS

prompt

### **Other doctors**

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr.

All the doctors agree that hearing from viewers they've helped is welcome medicine.



Jim Sears.

The series averaged more than 2.6 million daily viewers last season.

# Being Erica star hears from fans inspired by show

The CBC-TV series Being Erica, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say premise prompted them 🤏 to make either

sonal changes. Gemini Award-winning star Erin Karpluk

professional or per-

says she often hears similar stories from fans.



logical mother. That's something that I've always wanted to do, it's a huge regret of mine'," Karpluk, 31, recalled. "To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring

them in any way, that makes me so happy and excited," she added.

In the upcoming Season 3 of Being Erica, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso). THE ASSOCIATED PRESS

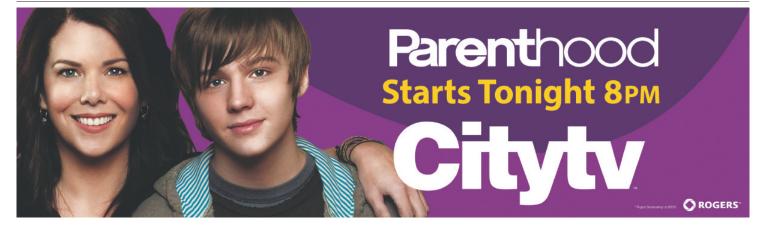


Scene in brief



- Joaquin Phoenix will appear on the Late Show on Sept. 22.
- Oprah surprised her audience of 300 yesterday with a trip to Australia
- John Waters wants to make heterosexal divorce illegal. THE ASSOCIATED





# Gaga can't sleep alone

New book on Pokerface singer alleges she is terrified to be alone Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book Poker Face: the Rise and Rise of Lady Gaga.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

"Gaga couldn't sleep without someone next to her in bed," according to the book.

METRO



# Are Miley Cyrus and her ex beau back together again?



Tell us what you are recording @metrocalgary

### **PVRTweets**

What late night shows do you PVR while your catching some zzzzz?

@brittriddell DEXTER, Parenthood and Amazina Race!

@GirlyGoose all the shows that were playing at the same time as something else I wanted to watch - gotta love timeshifting! @SE\_Shawty Grey's Anatomy, Hellcats and Gossip girl! @maryselalonde Letterman so that I can zip through on the weekend to the seaments I want to watch



Record 3 shows at once Unleash Optik™ TV at telus.com/optiktv



It looks like Miley Cyrus' breakup from Hemsworth was shortlived

The pair were spotted recently in Los Angeles, and sources say they're definitely back together.

"Miley and Liam kept smiling and seemed to really enjoy their afternoon together," a source tells People magazine.

They acted like they had missed each other, kept chatting and seemed to be catching up. They definitely seemed like a couple again."

## Talking points

# Drake's wedding hoax

WEDDING BELLS? Rapper Drake thought he was just being funny when he joked on Twitter recently that he and singer Nicky Minaj had gotten married, but his mother didn't see the humour in it. "My mom was actually like, 'What happened? How did you elope?" Drake said. "But we were just joking around. I never thought it would get so out of hand." metro

# Will they ever get hitched?

ROYAL WEDDING. Royal watchers now claim Prince William's assumed wedding to Kate Middleton will take place in June 2012, coinciding

with Queen Elizabeth's diamond jubilee and taking place two months before the Olympics come to London, according to the News of the World.



minster Abbey in August 2011. William and Middleton, who have been dating on and off for eight years, are not officially engaged.

## **Pratt's 'honest** mistake'

WEAPONS CHARGES. Spencer Pratt insists his arrest in Costa Rica for weapons possession was just an 'honest mistake," according to Hollyscoop. "I've spent the last week living alone in the jungle, reflecting on my past

transgressions, and working to become a better person. I had to live off the land, and hunt to survive. Pratt savs in a statement. "As I departed

the country this morning to continue my spiritual journey, I mistakenly brought my hunting weapons to the airport. It was an honest mistake, and they sent me on my way." Pratt was later spotted in Los Angeles with estranged wife Heidi Montag. △ METRO

# DJ AM owed nearly \$100K

BACK TAXES. DJ AM reportedly left behind a hefty tax bill when he passed away in 2009. According to court documents, the producer and deejay owed nearly \$89,000 in back taxes from 2006 and 2007 at the time of his death, according to TMZ, and the state of California is reportedly leaning on his estate to pay up. Reps for DJ AM's estate had no comment. METRO

### **Celebrity tweets**



Spencer Pratt [Aspencerpratt1 Thanks to jail, I finally



Taylor [Ataylor swift13] Nothina like

a Sunday afternoon sitting LARPING!!





Michael Ian Black [@michael ianblack] Pretty sure I

am still asleep because if I am awake this sucks.

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• Get your wetsuits out and head for the shore. • Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness



Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the

### The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

### The muscles engaged

Paddling: The shoulde and upper back muscles. shoulders **Duck diving:** The chest, arms and core muscles. Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, ham-strings) and core muscles.

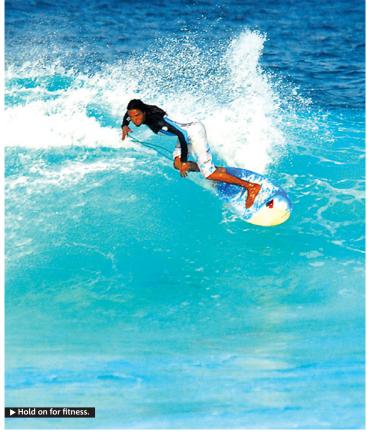
# Why you need good balance

Balance is crucial in order for you to take off correctly when you are riding a wave or about to ride.

In order to have good balance you must work on your core stability and learn to keep the move-ment in your hips, knees and ankles steady.

# Why you need a strong core and upper body strength

while surfing. Core strength is what gives



you the balance needed for duck diving, popping up, and riding a wave correct-

If someone has a weak core then their body cannot transfer force effectively, causing them to lose efficiency movement

Upper body strength is

important for endurance when paddling, power and for duck diving and popping up on the board.

# A regular

surfer's body
Surfing is an excellent total body workout.

It combines cardiovasfitness, cular

strength, stability, balance, upper and lower body strength and power as well as mobility and flexibility.

Surfing on a regular basis builds up cardiovascular endurance and creates a lean muscle definition.

Surfers are likely to have low body fat and be more agile.

# Testimonial DIET **DIARIES** ALANA BLANCHARD



Her workouts: I do Pilates and yoga every day and I love biking, hiking and anything that has to do with the water.

Her beauty rituals: I'm a very healthy person. I eat a lot of fruits and vegetables, and I try not to eat anything processed. I always use sunscreen during the day and try to go surfing before the UV rays are at their strongest.

Her guilty pleasures: I love frozen yogurt. We don't have it on Kauai (Hawaii) yet so when I go to places that have it I get so excit-

Does she think people can have it all physically: It all depends on your body and how it builds muscle and what you eat has a lot to do with it. It can either be hard or easy, you just need to figure out your own body needs.



### **Cellphone app**



the typical Canadi an teen wouldn't be caught without, it's a cellphone. So doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set. Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur, along with other pertinent health information related to depression and bipolar disorder. The hospital is looking for 36 adolescents aged 14 to 20 — with and without mood disorders — to keep a digital daily record for nine months so researchers can assess whether the mobile app could used in regular clinical practice. THE CANADIAN PRESS



# Why diets fail



If you've tried — and failed — to lose weight, you're certainly not alone. Up to 95 per cent of diets don't work, according to Reader's Digest.

Here are four reasons why your diet fails:

- 1 It's too strict. You end up bingeing on foods that "aren't allowed."
- **2** It's short-sighted. Go for long-term lifestyle change, not short-term



satisfaction.

3 It's too demanding.
Go for gradual change and indulge a little.

4 You don't exercise enough. Add a mix of different physical activities you enjoy.

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# How to get rid of your man boobs

• More men are sporting cleavage than ever before, which means an increase in breast-reduction surgery



While breast-enhancing surgery has become almost a norm for women, men are also heading to the plastic surgeon's office more often — to have their man-boobs (moobs) removed in a procedure referred to as gynecomastia.

That fact shouldn't be too surprising, considering that each year the obesity epidemic continues to grow

The U,S, Center for Disease Control and Prevention recently released a study that showed nine states increasing their obesity rates by 30 per cent, which is triple the number of states that reported such a high percentage in 2007.

However, hormonal issues can also cause the growth of moobs. A test is

# The surgical solution

Not only are men sporting more cleavage these days—the surgical options to have them removed have been streamlined to the point where the procedure is safer, easier and requires less recovery time.

"The popularity has grown quite a bit in the last two or three years because the tools have gotten better," adds Johnson.

He says on average, he performs male-breast removal two to four times a month.

"No one would know by looking at them that they ever had a procedure like this. They don't need to take a lot of time away — just a couple of hours in the afternoon," adds Dr. Amiya Prasad, plastic surgeon and spokesman for the American Academy of Plastic Surgery.

Surgery generally costs between \$5,000 and \$15,000 US. • METRO

required if a hormonal imbalance is a possible cause. Dr. Bill Johnson, plastic surgeon at Innovations Medical in Dallas, Texas, explains.

"Any man that's having a discharge from his nipples, that's definitely a sign that you need to have an evaluation," he says.

"Also, folks that have very large breasts that aren't particularly overweight or particularly heavy anywhere else."



# You are not what you eat

# Doctor goes on all junk food diet to prove a point



You can have your cake and lose weight too.

Curbing obesity is all about eating less - and you can choose naughty foods if you like, according to Dr. Mark Haub (PhD), a professor of nutrition at Kansas State University.

To prove it, he's eating cake and junk food for a month

preference into account.

et, he aims for 1,800 calo-

nutrition needs with multivitamins, a few vegetables and some milk and protein drinks.

But the other 70 per cent to 80 per cent of his diet is junk — snack cakes, hot dogs, peanut-butter chocolate bars, chocolate cake rolls, breakfast pizza, donuts, chips and sugary cereal.

"The premise is very simple," he says, "eat less energy than expended."

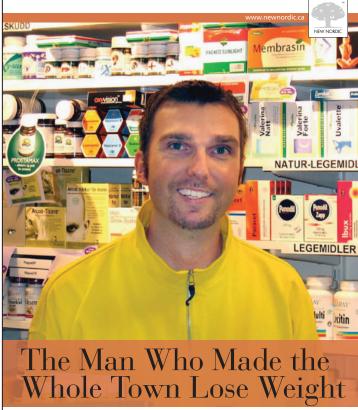
Haub had high cholesterol when he started the values are normal, which surprised me as I was not expecting such a dramatic improvement in just two

While he doesn't suggest people pig out on junk food, he does feel that foods notoriously known to ruin diets may be OK in moderation.

"I'm not promoting this or recommending it; it's just an exercise in nutrisays Haub, who teaches undergraduate students

telling people what not to eat, a better way to reduce ries in check, and to fortify popular foods with nutri-





In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1.500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar. insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories '

### The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

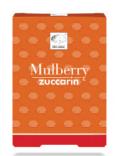
"I recommended that customers follow

the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it they simply didn't crave sugar."

### 1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."



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# Landin Hollis (ndeliciousbass), Flickr

# There's a name for that

here seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are onenight stands and friends with benefits (or "frenefits"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-

mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sex-

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides without the drama. And don't forget to always play safe!

# r barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92-99.7% in preventing pregnancy, the same as find which one suits you and your partner best, make sure to talk to your doctor

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disable sperm (71-82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68-91%). But as your best line of defense against

Whatever contraceptive method

the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85-98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys (and some girls) who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regularsized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to



Chepe Nicoli (ChepeNicoli), Flickr

learn how to put on a male or female condom, how to use a dental dam and you can also find tips like checking the expiry dates on your contraceptive products. And there are many more safe-sex methods available-check out the site for more details and efficacy rates. But remember, contraception is a responsibility that is shared by both parties, so make sure it's a decision you both agree with. And nobody ever said that you can't use more than one method!

### *Sex by the numbers*

- Here's a snapshot of some sex habits of Canadians young and old:
- ⇒ Average age of first sexual intercourse; 16-18 years
- ⇒ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)
- ⇒ Number of times per month women aged 26-35 years have sex: 8 12
- ⇒ Number of same sex couples in Canada: 45,300
- ⇒ Rate of teen pregnancies: 38.2 per 1,000
- ⇒ Number who have had20 or more sex partners:12 (33% had 2-5)
- ⇒ Number who would rather give up sex than the Internet: One-third



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# State of the nation

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual intercourse -16-18 years - has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens - and their parents, too - may also be turning more to sex toys. One US survey showed that half the people surveyed used a virbrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that combination of our slightly less neurotic attitude to sexuality, along with our

comfort level with our sexuality - and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment safer for students to "come out" as gay, lesbian or transgentaboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he

Where we find our mate probably represents the

# The idea that kids today are hopping into bed at every turn is an exaggeration

long cold winters, could translate into higher sex toy

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our greatgreat grandparents were as kinky as we are," says Silverbera.

What has changed is our

dered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden

Free Condoms Free Pregnancy Tests

biggest change in Canadian coupling habits. Online, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

Free Birth Control and STI Counselling

# The pyjama game

Everybody knows that you don negligees and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and

ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.



ld (38259388@N00), Flick Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

# Free Pregnancy Options Counselling

# have questions?

visit www.calgarysexualhealth.ca

# STIs: The stats and the facts

You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.
Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true pic-

But the statistics don't paint the free pre-ture. For one thing, more people are com-ing forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years,

says Alex McKay, Research Coordinator,
Sex Information and Education Council of
Canada (SIECAN), Toronto. "People focus
on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."
What is truly alarming is our "abysmal"
knowledge about STIs, says McKay.
STIs are spread through vaginal, oral or
anal sex as well as through sharing sex
toys or needles. Symptoms can include unusual discharge, burning sensation when
urinating, pain or sores in the genital
area, itching, unusual bleeding, and a
strong odor.
But some people who have an STI have
no symptoms. The only way to know if
you're infection-free is to get tested. But
note that basic testing doesn't include the
two most common STIs: Herpes simplex
virus (HSV) and HPV.



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# Gotta love it



With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

Daily Lunch Specials Under \$10!

England's Strongbow (500 ml, \$2.95 - \$3.31) with its light, dry personality and refreshing finish is arguable the most famous cider in the world. That said, Gaymers Original (500 ml, \$2.95 - \$3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple char-

While these two are huge international brands; regional cider production across Canada is at an all time high.

Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.

# Tasty, not cheesy

# There's more than one way to serve up broccoli • And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury, salty sauce made from olives, capers and lemon

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets.

### THE ASSOCIATED PRESS

Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon juice and capers and cook until heated through, 1 to 2 minutes.

Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings



# **Ingredients:**

Broccoli With Lemon, Olive and Caper Sauce

- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kala-
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

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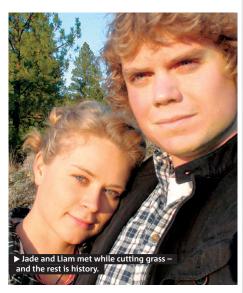
www.palomamexicanrestaurant.com

# Broccoli With Lemon. Olive and Caper Sauce **Preparation:** In a medium saucepan

- fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a bowl. Steam broccoli until tender-crisp, 4 to 5 minutes.
- Transfer broccoli to a serving bowl, cover and set aside.



# THE LAWN OF LOVE



# How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

# Their story:

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a resumé, looking for summer work...

It was my second year at the resort, and I knew work was rough. Along comes Jade, this petite girl with a resumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month-she made it the entire season! Our days sweating under the hot sun turned into the beginning of a won-derful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting

WE WANT TO KNOW HOW YOU MET! GO TO 2FOR-COUPLES.COM NOW TO SUB-MIT YOUR LOVE STORY.

# Friends in strange places

A program at Indiana University allows medical students to meet the family of the donor they will be working on

Dot Purcell always knew she would donate her body to science.

Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate, and he grilled the students.

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest," Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Pur-

cells, gaining an understanding of the family's deep grief while getting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom," Mike Purcell, Dot's youngest son, said.

Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

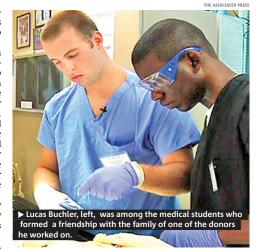
ing.

Buchler says learning about Dot the person has made his lab work make more sense.

THE ASSOCIATED PRESS

### Body of knowledge

- The students discovered Dot had a bone abnormality called Charcot foot, which explains why her feet were always so painful and swollen.
   The foot condition is com-
- mon in diabetes, and Buchler says the knowledge he's gained from Dot will help him treat future patients with the disease.



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Thursday, September 23<sup>rd</sup> Thursday, September 30<sup>th</sup> Thursday, October 7<sup>th</sup> 2:00 p.m. – 3:30 p.m. 2:00 p.m. – 3:30 p.m. 10:00 a.m. – 11:30 a.m

Preference will be given to active EI and Reachback clients. For more information, contact Lindsay Tucker at 403.537.7662 or visit www.mnpconsulting.ca/selfemployment.

 ${\it Program is funded by the Government of Alberta} \ and \ the \ Government \ of \ Canada.$ 

Chartered Accountants & Business Advisors

3.537.7662





# RESPs equal free money - don't wait

O Shop around — not all RESPs are the same O Some group plans come with high fees and low returns

## **ON MONEY**

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Any moment now tuition bills are going to hit with a mighty thump. And

lots of parents will be wishing they'd contributed more to their kids' RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the

" Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually. You can't beat that return these days."

child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually. You can't beat that return these days.

High income earners will receive a bit less on the first \$500 contributed and those with low incomes more. After that the CESG is the same for everyone.

Over the life of the plan, you're allowed to contribute up to \$50,000 per child and the Canada Education Savings Grant maxPercentage of post secondary students in 2010 who will draw on RESPs to pay tuition.

es out at \$7,200.

One caution. RESPs are not all the same.

Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and low returns. Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or withdraw contributions though, depending on your income, you may pay tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant.

I'm a big fan of plain vanilla RESPs, the kind you open at most major financial institutions. Fees are low and your investment options are wide.



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# Nadal finally conquers U.S.

• Spaniard wins his first U.S. Open and completes career Grand Slam



The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly. Nadal is the seventh man in tennis history with at least one title from each Grand Slam

Nadal won his first U.S. Open title last night to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

Rain pushed the men's final from Sunday to Monday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July.

No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969 Now Nadal heads to the Australian Open in January with a chance to claim a Rafa Slam of four consecutive major championships — something that also hasn't been done since Laver.
THE ASSOCIATED PRESS

# Ravens upstage Jets in their new home



**JETS** 

The Baltimore Ravens gave the New York Jets some hard knocks -

The Jets intrigued audiences in the pre-season with their no-holdsbarred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night with a 10-9 win.

They held New York to 176 yards, six first downs, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone.

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new

The \$1.6-billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127 — if not the talkative coach and his players. "They beat us in every

statistical category there is except turnovers," Ryan

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points.
THE ASSOCIATED PRESS

# sports

Quoted



"I want to put my whole focus on goaltending. I wouldn't say it

was a distraction. I think I could put something less on my plate. The less distractions as a goaltender (the better)."

VANCOUVER CANUCKS GOALTENDER ROBERTO LUONGO ON HIS DECISION TO RELINQUISH HIS CAPTAINCY.

# **Devils docked** two draft picks

The cost of signing Ilya Kovalchuk ended up being more than the New Jersey Devils could ever have imagined.

A saga that dragged through the summer had one final twist yesterday night as the NHL came down hard on the Devils for trying to circumvent the salary cap. The league handed the team a \$3-million US fine and docked it two high draft choices

The punishment stems from the Kovalchuk contract that was submitted to

the league in July. Arbitrator Richard Bloch ruled the \$102-million, 17year deal was an attempt to get around the salary cap. The contract was to last until Kovalchuk's 44th birthday and featured a number of years at a reduced salary.

As a result, the Devils will pay the hefty fine and forfeit their third-round draft pick in 2011 and a first-round selection in one of the next four drafts. It will be up to New Jersey to choose which one.

THE CANADIAN PRESS





### Crossword

Across 10 111 5 Old airline letters 12 13 14 8 Church section 12 Needle case 17 15 16 13 Charged particle 14 Manhandle 18 19 20 15 Thyme partner 17 Tarzan's clique 21 22 18 Make a choice 19 Branch 24 29 20 Fad 23 25 26 28 21 Secretive org 22 21-Across em-30 31 32 ployee 23 Piece of informa 33 34 35 tion 26 Big fans 36 37 30 Responsibility 31 Whammy 39 41 43 44 38 32 Actress Turner 33 A power of two 45 46 47 35 Swell 36 Rowing prop 37 "Mayday! 48 49 50

38 "Danaë" painter Gustav 51 41 Urban transport 42 Tackle the slopes 45 Houston acronym 46 Its motto is "Manly deeds, womanly words" 48 Eastern potentate 49 Work unit Bears 50 Actor Jannings 51 Simple 52 Tiny 53 Apportion (out) Down 1 Medal earner 3 A deadly sin

4 "Curse vou!"

5 Pageant winner's

6 Apple dweller? 7 Whatever number 8 Autumn bloom 9 One of the Three 10 Mideast canal 11 Otherwise 16 Cripple 20 Bookkeeper (Abbr.) 21 Typical 22 Gender 23 — and don'ts 24 Blackbird 25 "Monkey suit"

26 Buddhist sect

27 Lummox 28 Stick with a kick 29 Put into words 31 That woman 34 Dine 35 Inquisitive 37 Power glitch 38 Elbow counterpart 39 Dalai -40 Wife of Osiris 41 Undraped 42 Unaltered

43 Wield needles

44 Between jobs

47 Moon vehicle

46 Kitten's call

52

	$\geq$	Ye	ste	erd	lay	ı's	ar	SV	ve	r		
W	Α	S			Е	L	F		В	Α	В	Α
Α	С	Т	S		Α	Ι	R		1	С	0	Ν
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53

### Sudoku

	5		1					
		4		6				5
		1		7	8	2	9	
		8						1
	3	7		8		9	2	
2						4		
	8	6	3	4		1		
5				9		6		
					2		8	

# How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

look at the we

TODAY

Max 13°

Min 4°

WEDNESDAY

Max 16°

Min 4°

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

THURSDAY

Min 4°

Max 9

# Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you.

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day. LOVE ALWAYS, EVAN XX

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours? your ws. xoxo

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love for-GORGEOUS

# Today's horoscope

T Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge

¥ Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

II Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

# **Cancer** June 22-July 22 If

you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better

Ω Leo July 23-Aug.23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again

My Virgo Aug. 24- Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

### For today's crossword answers and for expanded horoscopes, go to metronews.ca

← Libra Sept. 23-0ct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

M Scorpio Oct. 24-Nov. 22

What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

→ Sagittarius

Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

り Capricorn Dec. 22-Jan. 20 Listening is twice as important

as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know

Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

H Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually auite limited

SALLY BROMPTON

# Andrew Schultz,

Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM





You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





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### **MEXICO**

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2 ★

All-Inclusive • Standard rm. Sept. 25 • 1 wk.

\$369

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Meliá Puerto Vallarta • 4 ★

All-Inclusive Deluxe garden view rm. Oct. 2-23 • 1 wk.

PRIVILEGES

+Taxes & other fees (including service charges): \$283

### Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive • Deluxe rm. Dec. 12 • 1 wk.

+Taxes & other fee (including service charges): \$29

Gran Bahia Principe Coba • 5 ★

All-Inclusive • Junior suite

+Taxes & other fees (including service charges): \$290

### DOMINICAN REPUBLIC

Samana via Toronto Gran Bahia Principe El Portillo • 4 1/2 ★

All-Inclusive • Standard rm. Sept. 19 & 26 • 1 wk

PRIVILEGES

Grand Paradise Samana • 3 1/2 ★

All-Inclusive Superior garden rm. Nov. 7 - Dec. 12 • 1 wk.

\$899 +Taxes & other fees (including service charges): \$326

### SAINT LUCIA via Toronto

The Village Inn & Spa • 3 ★

All-Inclusive • Standard rm. Oct. 2-30 • 1 wk.

(including service charges): \$248

### **ANTIGUA** via Toronto

St. James's Club & Villas • 4 ★

All-Inclusive • Club rm. Oct. 2-23 • 1 wk.

+Taxes & other fees (including service charges): \$259

### CUBA

Varadero Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm Oct. 3, 10 & 17 · 1 wk.

PRIVILEGES

Santa Clara

Meliá Las Dunas • 4 1/2 ★

All-Inclusive • Standard rm. Dec. 25 • 1 wk.

\$1659

+Taxes & other fees (including service charges): \$228

### **JAMAICA**

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Dec. 20 • 1 wk.

+Taxes & other fees (including service charges): \$280

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm. Dec. 27 • 1 wk. FREE upgrade to oceanfront rm.

PRIVILEGES +Taxes & other fee: (including service charges): \$280

# **USA**

## HAWAII | Honolulu

Ohana Waikiki West • 3 ★

Aloha rate - Standard rm. Oct. 31 • 1 wk.

(including service charges): \$148

# **CRUISE**

### Princess Cruise Line Caribbean Princess

Southern Caribbean Cruise Flights to San Juan via Toronto Interior stateroom, cat. JJ Nov. 7 & 14 • 1 wk.

+Taxes & other fees (including service charges): \$294

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